

**Seniors living
alone sometimes
just don't eat
right.**

Cooking for one is a
challenge.

Food without
companionship loses its
savor.

Shopping for ingredients and
standing up to cook may be
beyond their strength.

Planning a well-balanced diet
can be difficult.

**That's why we
bring their
lunches to them!**

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SUDBURY SENIOR CENTER

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**HOME
DELIVERED
MEALS**



A program of
BayPath Elder Services at the

SUDBURY SENIOR CENTER
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
978-443-3055

HOME DELIVERED MEALS

WHY ARE HOME DELIVERED MEALS NEEDED?

Although the Senior Center, in collaboration with BayPath Elder Services provides a hot luncheon at the center, it is only available three days a week.

In addition, many frail seniors can't get out to come to the center. They may not drive, or they may need to stay in to care for a loved one.

HOW OFTEN ARE MEALS DELIVERED?

Through the dedication of our volunteers, we provide a hot meal at noon five days a week. We can also provide frozen meals for seniors to heat up on weekends.

WHAT KIND OF FOOD IS INCLUDED?

The meals are carefully designed by nutritionists and dieticians to provide 1/3 of the daily nutritional requirement for seniors. There is usually a hot entrée, some kind of bread, milk, and dessert. The meals are low in sodium. There are special meals for diabetics and people with other medical conditions.

WHAT DOES THE MEAL COST?

Because the meal program is subsidized by the federal government under the Older Americans Act, and because it uses surplus foods, costs are kept as low as possible. We request a **donation of \$2.00** a meal, but a meal is never denied for nonpayment.

THE WELL-BEING CHECK: A HIDDEN BENEFIT

Volunteers are asked to hand the meal to the senior personally. That way, if a senior is in trouble and can't come to the door, the volunteer can alert the Senior Center and BayPath. In this way, the home delivered meals program has actually saved lives.

HOW MUCH TIME DOES IT TAKE TO VOLUNTEER?

We will work with you to make home delivery fit your schedule. You can deliver once a week, once every other week, or serve as a back-up to be called if a regularly scheduled volunteer can't make it that day.

You will be assigned to a route, and will soon get to know the seniors you are helping. They will look forward to seeing you.



And if you are a senior yourself . . .

Remember that home delivered meals are an option as you recover from surgery or an illness, or if cooking has become a burden and you can't get to the Senior Center.

Call **978-443-3055** for details!

